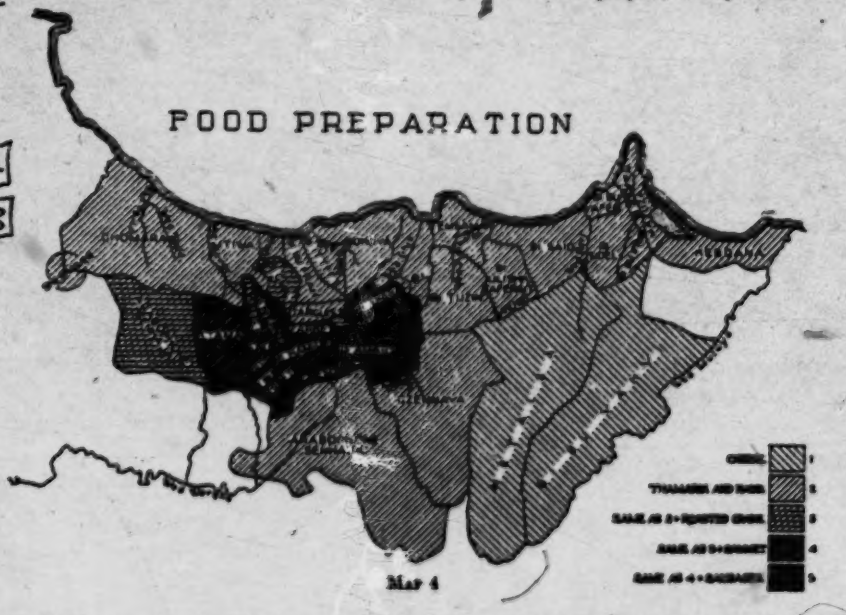
1: Coon E-5 (1926-1927) 1931 MX3 Rif MX3

252 Fish is never boiled or prepared in any way other than those above named. It is never
262 eaten during a meal at which milk is drunk.

Eggs. These are most commonly eaten hard boiled, a number of them in a bowl of melted butter constituting a common dish. They are also made into omelettes, but this latter method is rare and is probably of recent introduction. They are never mixed in bread or in any other composite dish.

267 **Milk and Milk Products.** Milk is consumed in a number of different ways. It may
234 be drunk fresh, as it commonly is, especially among the mountain peoples, or may be left to



Map 4

curdle. The curds, called *aghin*, are drunk out of a communal pot. Butter, called *adhen*, is made by two methods: (1) In the Rif, except in the region of nomadism, cream is put into an earthen pot with a narrow neck and a spout and two handles. Leather lids are tied over the neck and spout, and the pot tied to the rafters by the handles. Here it is swung back and forth until the butter is ready. (2) Among the Metalsa and Beni Bu Yahyi the cream is put into a goatskin, which is tied tight and swung from a wooden tripod until churning is completed.

el kleila (Arabic), cheese, is made only by the Beni Bu Yahyi and Metalsa. It is commonly produced in the form of flat, hard cakes. Being cheese makers, the nomads naturally know the properties of rennet, which they cut from the stomachs of calves; with this and fresh milk they make junket, *jben*, which they feed to children. The sedentary peoples,

1: Coon E-5 (1926-1927) 1931 MX3 Rif MX3

262 234 being ignorant of rennet, use instead the sap squeezed from the ends of fig branches. They claim that this fresh juice will solidify milk.

Intoxicants and Narcotics. *sammet*, grape jelly. An intensive manufacture of grape ●273 jelly is carried on in the central Rif and in the Senhaja Sghir, by means of boiling pressed grape juice until it has reached a viscous state. Such of this jelly as has been subjected to a relatively short period of boiling is alcoholic. *Sammet* is put away in jars for winter consumption and is regarded as a delicacy. Distribution is throughout the Senhaja Sghir excepting Beni Gmil and Beni Mesduy, Mountain Urriaghel, Iherrushen, Ikhuanen, and Beni Amart. In Beni Amart it is not made, on account of the absence of grapes, but is imported from Beni Urriaghel and extensively eaten. None of the other tribes who do not make it ever eat it. [251]

Wine-making, which Marmol[1] attributed to the Riffians, is not at present practised except by a few Riffians who have learned the process in Algeria. I was unable to find any tradition of its former manufacture or use. It is, however, made in the Beni Zerwal, a Jeballan tribe a very short distance from our area. Here it is called *khomr*, the Classical Arabic word for wine. It is possible that the Riffians formerly made wine and then gave up the practice. It is likewise possible that they adopted it from first-wave Arabs, whence the Zerwali word, and then gave it up. The Arabs, in the early days of the Caliphate, were not all total abstainers.[2] On the other hand it is hard to imagine a Mediterranean country where grape culture is well organized which was ignorant of wine before the introduction of Islam.

276 *kif*, a narcotic, is the ordinary *Cannabis indicus*, a hemp grown in many parts of North Africa as a drug. Although not cultivated in the Rif it is extensively grown in the Ghomara and Western Arabophone Senhaja, as well as throughout the other mountain tribes of northwestern Morocco. Two different parts of the plant are used for smoking, the leaf and the flower, of which the latter is by far the more potent. With it is smoked a harsh variety of tobacco, also grown locally. The mixture is smoked in a small-bowled clay pipe with a wooden stem. (See plate 14.) *Kif* is grown and used in the Ghomara, Western Arabophone Senhaja, and Ktama. Of recent years its use has been spreading eastward, until at present it is commonly used in Taghzuth and other tribes of the Senhaja Sghir. It has not yet become common in the Rif proper, although single individuals, usually travelling hawkers, smoke it secretly.

hashisha. In the Beni Bu Nsar, Ktama, and other tribes in which *sammet* is made and eaten, hemp has been converted into a novel use. It is made into a paste and eaten. In this way an effect greater even than that obtained by smoking it results. Whereas *kif*-smoking is not often indulged in by women, members of that sex eat *hashisha* as freely as do their husbands. The eastward diffusion of these two traits of hemp-using seem to be accompanied by the correlated diffusion of a degradation of woman and by the practice of sodomy. *Hashisha* is distributed as is *kif*, but is also found in Beni Bu Nsar.

264 574 **Riffian Table Manners.** When a Riffian family eats alone, the women and children sit with the men and eat with them. Intimate guests are allowed to eat with the family. When, however, guests of distinction or guests who are not intimately acquainted with the

[1] Chaps. 62, 70, 79, 86-88.

[2] Sir William Muir, *The Early Caliphate*, pp. 143, 184, 207 *sqq.*, 316, 386, 423, 431, 467, 473, 488 *sqq.*, 507 n., 570, 601.

7: Mikesell K-4,5 (1955-1957) 1961 MX3 Rif MX3
Jebala MX2
Senhaja MX4

tradition that rye could be grown on unclaimed land, beyond the reaches of ordinary agriculture.[5]

Hunger or plenty depends largely upon the success or failure of the cereal crop. Tree and garden crops supplement but never supplant the cereals. The most important secondary crops are from fruit and nut trees, which are especially numerous in the western part of the Rif. The most important are the olive, pomegranate, fig, and walnut. Apples and plums are grown by some of the highland tribesmen, who graft them on hawthorns. At lower elevations, especially on south-facing slopes, orange, peach, and apricot trees are occasionally seen.

Dried figs and raisins are second only to the cereals as staple foods. The importance of the trees is indicated by the complicated pattern of their ownership. On a given farm, all the trees may belong to an outside party, perhaps the former owner of the land who refused to relinquish title to his trees. One tree may be owned by several people in partnership, and sometimes different people own different branches, or claim parts of the crop on the ground. At one time the Rifians seem to have used grapes or other fruits to make fermented beverages, for Leo Africanus describes them as being "so excessively given to drink, that they scarcely reserve wherewithal to apparel themselves."[6]

Irrigated plots in the valleys of Wad Ghis and Wad Nkour produce broad beans, chickpeas, potatoes, onions, tomatoes, peppers, carrots, turnips, and squash. Add eggs, and an occasional feast of mutton or goat meat, and you have the main ingredients of the Rifian diet. In recent years fish have been brought in from Alhucemas to the principal rural markets. Fish are regarded as a delicacy, and are usually fried and eaten in the market place.

West of the Rif the dietary situation improves, but it becomes more hazardous toward the east. This distinction is based on the differences in precipitation and runoff. In the eastern lowlands, precipitation is too meager for vines and figs, and extensive irrigation is possible only in the valleys of Wad Kert and Wad Moulouya. The tribesmen of Garet suffer from acute want in any unusually dry year, and most adults remember at least one famine. Garet and Gal'aya are northern Morocco's main areas of emigration.

In the Sanhajan highlands and in most of Ghmara and Jbala, each hamlet has a reliable source of irrigation water. The main irrigated crops are maize, beans, and squash. The planting of beans between the rows of maize may indicate an unformulated appreciation of the value of pulses as restorers of the nitrogen content of the soil. Perhaps not; for the plants in this New World combination seem to have been introduced as one complex by Andalusian refugees.

In most of the central highlands, and especially in Sanhaja as-Srair, *kif*, or hemp (*Cannabis sativa*), is an important cash crop. It is grown under irrigation during the summer, and is usually planted and harvested at about the same time as maize. After it has been reaped, the stems of the plant are submerged in a stream and held down with stones. After two or three days of soaking, the fibers are separated and used to make cord, mats, and baskets.

Traveling from the central highlands toward the Atlantic lowlands, one notes

[5] C. S. Coon, "Tribes of the Rif," *Harvard African Studies*, 9 (1931), 47–48.
[6] Leo Africanus, *The History and Description of Africa* (London: Hakluyt Society, 1896), II, 516.